

VOICE OF THE RESIDENTS

VOL. XXVIII, No. 9

BROADMEAD, COCKEYSVILLE, MD.

May 2007

OPENING THE DOOR OF MY MEMORY BOX

By Germaine Sharretts

with photos from Ms. Sharretts' collection

I have been in Marrakech a dozen times. Flying from Paris, I will be there again in May with a daughter and two grand-children, ages 25 and 20,



Scene showing the Atlas Mountains

acting as their guide. Marrakech in Morocco is the capital of its indigenous people, the Berbers who live in its mountains and in the Sahara desert. At the foot of the High Atlas Mountains, it has been the favorite place of Winston Churchill; Yves St. Laurent, the French fashion designer; Majorelle, the Art Nouveau French painter, craft and furniture designer; and many other painters and writers.

An amusing story happened when my other



In a souk

daughter was 15 years old.

Arriving by car with my husband at the wheel and my daughter in the back seat

we found ourselves surrounded by a myriad of teen-aged boys on bicycles, offering to take us on tour of the city. My cussed words and "baleck, baleck" ("move off, move off" in Moroccan Arabic) discouraged them — except two of them who spotted my beautiful, blue-eyed daughter.

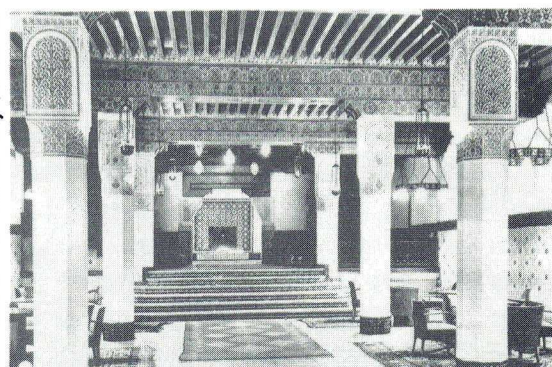
They asked if

they could buy her. My husband, with his inborn sense of humor, answered, "How much?" while the poor frightened girl shriveled and shrank in her seat. One said two camels. The auction rose up to twelve camels. "Not enough!" and we zoomed toward the world-renowned Hotel Mamounia, where we were greeted at the door with an array of uniformed accredited guides.

We chose a distinguished septuagenarian one to take us to the meanders of the souks (markets). When we told him about our bargaining with the teenagers he exclaimed, "Only twelve camels? I offer twelve camels and a Chevrolet!"

Six years later her college friend came to visit us to propose to marry our daughter. Discussion ensued as to the comparative merits of the two parties, his worth being his diploma, his health and his sport excellence versus my daughter's worth of twelve camels and a Chevrolet.

Conclusion: He married her without this exotic dowry. How would we have confronted the zoning board and the neighbors in Ruxton? As the fairy tale ends, she is now worth much more, with three children and an SUV.



Interior of the Hotel Mamounia

VOICE of the RESIDENTS

Volume XXVIII, No. 9

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March 27, 2007

Dear Fran,

Thanks to you and *The Voice* for continuing to send me *The Voice*. It's my best way of keeping connected with Broadmead. When I read it (or, I must admit, often skim it), I am often struck by the beauty of the poetry and images of residents' artwork. Such was the occasion after receiving the March '07 edition showing the quilt panels, Larry Schneider's "Success" sculpture, and the flower arrangements. Tradition, lightness, expressiveness, and the delicate "just-enough" touch. My sensibilities -- this time artistic -- are once again touched by the residents.

Best regards,

Bruce Manger

Editor's note: Bruce Manger is a former Trustee of Broadmead

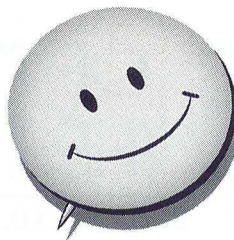
FOR HARRY JONES*By Carolyn T. Underwood*

We miss you, Harry,
gentle man.

Not afraid to speak kindness.
Faithful.

From your nearest and dearest:
"He was fun."

Your physical being is not around,
But your kindly spirit is.
Thank you.

**BROADMEAD
WELCOMES***By Betsy Griffin***Pat (Cochrell) Lackey (Mrs. William)**

K-14

410-229-0129

March 2007

Pat is a Baltimore native who attended Baltimore public schools. She married her late husband, a custom builder, at an early age and raised 5 children, 3 boys and 2 girls, all of whom live in the Catonsville area with her 8 grandchildren and 1 great grandchild. When all five children were in school she returned to her own education and earned both undergraduate degrees and a Ph.D. in Clinical and Forensic Psychology at the University of Maryland. She has a private practice in Canton and has worked with our Jonas Rappeport. She currently spends three mornings a week working with the Circuit Court of Baltimore. Pat's varied interests include birds and nature in general, flower arranging,

**MOVING AROUND
BROADMEAD**

	<u>From</u>	<u>To</u>
Ruth Brock	TH-365	HH-202
Arthur Rinehart	N-3	HH-254
John Sexton	K-9	TH-314

IN MEMORIAM**Melchijah Spragins**

January 4, 1919

April 3, 2007

Ernest O. Byrd, Jr

July 16, 1915

April 7, 2007

Lloyd P. Tyler

August 3, 1915

April 9, 2007

IN MEMORY OF JOHN

By Lynn Buck

As a child, on that special day every summer,
I would sit on the front steps waiting for them,
my face turned toward the east, watching

for that first glimpse of the Hupmobile
bringing my Walters cousins all the way
from Pittsburgh to Webster Groves.

These eastern cousins, Fritz, John, and little
tag-along Tommy, to my young eyes,
were close to perfect. Pure magic, the tricks

they did with batteries and wires. Our days
overflowed with joy and laughter, while grown-ups
sat fanning and complaining of the humidity.

We would all pile into the Chevy and Hupmobile
with Mother and Aunt Roma at the wheel,
and head south to the Missouri Ozarks to visit

Grandmother Crow who welcomed us always,
with generous hugs and a cornucopia
of fresh-baked breads, pies and cakes.

One summer John and I found two shovels
and set out to dig clear through to China
but had to settle for a hole about waist deep.

John had a droll sort of humor, with a mouth
that turned up at the corners, and a laugh
that would erupt into a radiant sunburst.

We liked to sit barefoot on the front porch
swing counting who could swat the most flies
as we swung to the rhythm of the creaking chains.

Summer afternoons Aunt Roma might join us
on the swing and read aloud from Jules Verne's
Twenty Thousand Leagues Under the Sea.

On Grandmother's large, airy back porch,
with rustic plank flooring, we sat at a picnic
table eating watermelons, spitting seeds

in the cracks between the planks. John was
the champion. And at the far end was a well
with a hand pump where we could drink

the world's best water from a gourd shaped
like a dipper. Suspended in the well hung rainbow
bottles of soda pop - orange, cherry, creme, grape.

As we cousins became adults, and then suddenly
oldsters, John reminded me more and more
of our Grandmother with her gift of words,

her soft voice, her love of a good story told
with numerous asides, making it come alive –
and, like hers, his laugh lines deepened.

He was a tender-hearted boy and remained so,
beneath the masks life thrusts upon us. John,
gentle as a summer breeze -- I shall miss him.



FRIENDS SCHOOL OF BALTIMORE

cordially invites you to enjoy
a special presentation of

THE APOLLOS

In a program of

Historical and Cultural Vocal Music

featuring

Traditional Madrigals
Music from various World Cultures
Vocal Jazz

Thursday, May 31, 2007

3:30 pm

The Lounge

Cecil Audette, Musical Director
Mathew Lane, Pianist

The Apollos is an auditioned chamber
group of musically dedicated students in
the 7th and 8th grade.

CONCEALMENT

by Colin MacLachlan

"George!" His father's voice was commanding. Even now, 70 years later, he stiffened as he recalled that imperious voice. Something was about to happen. His father's next words sounded the death knell for his childhood. It was over, done with. Having reached the age of eight, his age of innocence was at an end. Henceforth the young man would have to earn his own spending money selling the newspaper his father edited, the *Glen Cove Record-News*, five cents a copy with two cents his to spend wisely. As an added incentive, the first time he sold 10 newspapers he would receive one dollar as a reward; for 20 papers, two dollars; up to five dollars for the sale of 50 newspapers, a substantial sum for an eight year-old in the 'Thirties.

The first ten sales came readily and the dollar went into the boat fund that his father had established. Twenty was tougher; still in less than a year he had been awarded the second prize and by the end of two years he had a route, with twenty-one steady customers. Now in summer months on Thursdays, the day when the paper came out, he devoted half the afternoon to street sales, hawking the paper's front page in the heart of the small city's shopping center. One hot summer day, street sales plus route sales reached a combined total of 43 which converted to 86 cents in his pocket plus the four dollars. Five dollars was finally coming within reach the boy thought. But it didn't come and it didn't come and then one Thursday, when he had a grand total of 46 papers sold, it occurred to him that he could buy four of the papers himself and claim 50. On his way home just to be on the safe side he buried the four newspapers that he bought in a sandbank. Thus concealed, he claimed the final prize. In awarding it the father expressed great pride in the boy. The five dollars was invested promptly in an outboard motor for the fishing boat they had purchased with money in part from his paper sales. The boy was happy to be a partner in the boat but not very happy with his life in general. His private thoughts always reverted to views of the newspapers tucked away in the sandbank.

Years later he would come across Emerson's words. "There is no such thing as concealment," Emerson wrote. "Commit a crime and the earth is made of glass. You cannot recall the spoken word, you cannot wipe out the foot track, you cannot draw

up the ladder so as to leave no inlet or clue. Always some damning circumstance transpires."

Concealed in the sand bank, the newspapers moldered while father and son fished together, trolling with the motor that the five dollars helped to buy. Fearing the consequences of confession, the son concealed the truth from everyone but himself. Walking home, many times he passed the site where the papers were buried but never once succumbed to the urge to confess. At 77, feelings of guilt still dogged him, but now there was no one to forgive him. He sighed, knowing that he would carry that guilt to the grave.

THE SOUND OF BLACK

By Christopher Stephenson

The sound of black is the munch, munch, munching
on burnt toast
The sound of black is the swosh, swosh
of the black eagle on the German flag
The sound of black is the tooooooot, tooooooot
of the whistle on the black train
The sound of black is the scritch, scratch
of a pencil on paper
The sound of black is the crackle, crackle, pop
of the fire and the smoke rising from it
The sound of black is the dark pit
of a pumpkin's mouth
The sound of black is the almost silent blink
that shuts out light - for a second
The sound of black is the sad sound
of a funeral
The sound of black
is the sound of coal
This - is the sound of black.
The sound of black
is this poem.

Editor's note: Christopher Stephenson is the grandson of our Jeanne Stephenson.

MARCH 26, 2007

By Carolyn T. Underwood

Oh welcome, spring.
Treacherous ice, gone.
Miniature daffodils blooming.
Buds on everything.
Can't wait for the trees to don their green veils.
Goodbye shiveriness of winter.
We slowly peel away layers of clothes.
The peepers in the swamp sing again.
And the light is coming back.
Oh spring, you are welcome.

KIWIS AT BROADMEAD

By Ted Wilson

On Saturday, April 14th, Rolfe Finn addressed the Men's Saturday Social Hour as a New Zealander who became an American citizen.

Rolfe's boyhood was spent on a small farm in a remote area on the North Island. He rode a pony the several miles to school and boarded in town from Monday to Friday. Although the school was small, he felt he received a good elementary education. He went on to high school and university where he became interested in psycho-societal problems and decided to attend medical school and prepare to become a psychiatrist. Since the government paid for his medical education, he owed three years of service, part of which time he spent as a ship's doctor, being faced with situations for which medical school had not prepared him, such as the necessity of performing a dental extraction on a seaman who was in agony.

Training in psychiatry continued in London, New Zealand, and the United States, where he studied at Sheppard-Pratt. For a while he conducted a practice in his home country, but eventually returned to the United States and for seventeen years was at Sheppard-Pratt.

When it came time to retire, he and his wife, Meg, chose Broadmead and came to our community with their half-Dalmatian dog, Jasper, about a year ago.

Rolfe stated that the word *Kiwi* defines a particular odd native bird and a fruit introduced from China. The country was populated by a Polynesian people named Maoris who remain a vibrant part of the culture. Visitors to New Zealand find it a scenic wonderland and very hospitable.

THE LIFE OF A CIVIL ENGINEER

By Ted Wilson

On March 24th Charles Lee spoke at the Men's Saturday Social Hour about the varied projects he had been involved with as a Civil Engineer, not only in the United States but also in Mexico and Nigeria.

Almost every project was unique and challenging, with very little duplication. He built industrial buildings, churches, air facilities, housing projects, structures at the Baltimore Zoo, storage facilities and water tanks at the Naval Academy, as well as sewage treatment plants. When Baltimore City was considering where best to locate nuclear fallout shelters, he discovered that the solitary confinement cells at the prison were as effective as any place.

An especially interesting project was developing tracking stations for N.A.S.A. And a very dangerous mission was preparing a communications network in Nigeria, utilizing balloons while being confronted by armed hostile individuals.

Charles stated that one of the great satisfactions in his line of work was seeing the structures he built still standing years later and performing the tasks for which they were erected.

A lively question and answer period followed the talk.

CONSERVATION

By Bob Morrison

Most of the world agrees that global warming is a reality that will cause drastic problems such as flooding of coastal cities, severe drought, more violent storms, extinction of species, etc. According to some scientists it may already be too late to reverse this trend, but we should at least try to slow it down. One simple, cost effective way of doing this without sacrifice or inconvenience, is to replace incandescent light bulb with the new, improved fluorescent bulbs. They not only use much less electricity than regular bulbs but also last eight to ten times longer than regular bulbs. As an individual, it may seem like trying to bailout the ocean with a tea cup, but if enough people do it the effect will be significant and worthwhile. It will make you feel good for having done the right thing for yourself and for posterity. And don't forget to turn off those lights when you leave the room!

LET'S DANCE

By Ted Wilson



**With the
George Hipp Trio**

Everyone welcome to dance
or just to enjoy the music.

Monday, May 14th

at 7:00 p.m.

In the Lounge

SAND, SUN AND SHELLS

By Sally Bloomer

Anne Allen B. Dandy

13801 York Road H3

Cockeysville, Maryland 21030

"Am I too late? Can I get there in time? Will it be clear?" These questions race through my mind as I dress quickly, grab the house key and grope for the door. Outside I carefully feel my way down two flights of stairs in the dark and head east to the beach. There are only a few shellers wading in the water or just above the tide line, some with long handled nets, others stooping for shells.

I enjoy the sound of the lapping waves and sea gulls calling. A crabber is offshore setting his pots, followed by a host of pelicans swarming for a handout. If I have timed it right, I kneel in the sand and stretch, enjoying the softness like a memory foam mattress. I face the east and exercise until the rim of the sun slowly peeks above the horizon. Almost every beach walker stops to capture that magic moment when the sun first announces the start of another day. The reddish sphere casts a shimmering reflection on the calm surface making a path straight to shore. The colors blend - the clear blue sky, the red sun and the greenish blue surface of the water. Pelicans glide across the surface of the gulf. Often they break rank, dive below the surface for a catch. The tide has brought in shells -- whelks, coquinas, arks and conchs. Some of the shells, especially the whelks still contain entrails. The gulls are the most omnivorous and lethargic - pecking aimlessly, always with an eye for a handout. I saw a waiting gull grab a piece of apple from a girl's hand just as she stepped on the sand. More active and amusing are the plovers and sandpipers. Their skinny short legs scurry along following the waves in and out just missing the last lap of the bigger waves. Their legs move along almost at a running gait - no hopping for them! They peck away at the shells and seaweed, always staying in their flock of three or four, ready to take flight if a walker comes too close.

Now that the sun is well above the horizon it is time for a short walk. Finding a drill shell or calico scallop adds interest to the walk. Only the most unusual find of the day is brought home. At Broadmead I look west to see the sunrise reflected in the glass windows on a distant hill. On the beach the clear view of the start of the day is reward enough for the early rising. Only on the beach have I seen the sun rise in the east and the moon lose its shine simultaneously.

Dear Anne Tyler,

I chose not to go to the pool this morning. Instead I sat on the bench next to the Western Run. The clean cold water flowed by. A pair of wood ducks passed low overhead. The pileated wood-peckers were drilling high up in an old dead oak where they had nested last year.

A light breeze brought to mind memories of your dad at the swimming pool. Whenever I would start down the steps, he would slow his swimming pace, give a big grin and with a wave of his arm say, "Would you like this lane?" "No thanks, Lloyd; I'm okay here," would be my response. Then we would proceed with our leisurely front crawl, back crawl, and a little side stroke

On occasions as I worked the front desk during lunch I watched you two strolling by. "Is that your daughter, the author, Anne Tyler?" I inquired one day. "Yes indeed," he responded with a great smile and a twinkle in his eye.

Lloyd sat one row behind me recently at our Book Group meeting as we reviewed Digging to America. One Broadmeader announced, "Anne usually includes some 'out of the ordinary characters' in all of her novels." A small wry chuckle of Lloyd's indicated that he would not divulge any of your secrets.

Lloyd's absence at the pool would have been very much in evidence today. I'll miss his effervescence. I was indeed fortunate to refer to "My friend Lloyd" when telling my husband, Walter, about your dad.

Sincerely,

Anne Allen B. Dandy

ISLAMIC ALLEGIANCE TO GOD

By Gretel Weiss

The Open Forum's speaker on March 15th, 2007, was Dr. Edwin Hostetter, Assistant Professor of Religion at The George Washington University.

To begin his talk Dr. Hostetter showed some photographs which illustrated some important aspects of Islam. One was of a man praying holding the holy book, the other of Muhammad on his night journey in which Muhammad's face is a blank because Islamic tradition does not allow depicting Muhammad in art.

Islam has five official pillars:

- Testimony
- Prayer
- Fasting
- Pilgrimage
- Alms

To give Testimony it is enough to say the following in front of witnesses: "I believe in God and his prophet Muhammad." Prayer is required five times a day. During Ramadan Fasting is required during the day but not when it is dark. Every Muslim is required to go on a Pilgrimage to Mecca to visit the holy place. For the Muslim pilgrim this journey is "a transforming event". Two and a half percent of a Muslim's income is dedicated to Alms.

Islam has five action categories:

- Obligatory
- Recommended :
- Permissible
- Reprehensible
- Forbidden

As in the official pillars the first category is the most important and binding. In the Obligatory category non-compliance calls for punishment and compliance is rewarded. When something is Recommended, only compliance is rewarded. Permissible is neither rewarded nor punished. Punishment becomes more severe as we go down the list. Thus when an action is Forbidden, punishment is more severe than the punishment in the Reprehensible category.

Professor Hostetter then talked about different groups of Muslim. Because of the sectarian violence in Iraq the different groups are no strangers to us, but it was interesting to hear how the different "denominations" as Professor Hostetter called them,

came about.

There are three groups, although two are the most important:

- Sunni 85%
- Shiite 15%
- Sufi a small group, thus
no percentages.

The division between the groups goes back to Muhammad's time in 632. Muhammad left no successor, so there was much strife and disagreement at the time of his death. The Shiites were loyal to Ali, Muhammad's son-in-law, but the Sunnis refused to accept him and named their own leader. Obviously over time many other differences developed. Professor Hostetter did not elaborate on them, but he did point out a few small differences. When Shiites pray the worshippers' foreheads can only touch natural materials, such as grass, but this is not required by Sunnis. Sufis exist outside the two major categories. They are mystics, and they strive to become more intimate with God and hope to develop illuminative insights about God.

There were several questions dealing with the nature of a Madrasah and with the role of women. A Madrasah is a school devoted to theological training but can also take on additional functions such as training for war. The question of women is a large one, but Dr. Hostetter pointed out some practices different from ours, but it is important to realize that different rules and different behavior exist in different regions and in different groups. In other words, not all Shiites are alike and neither are all Sunnis. As an example, Dr. Hostetter pointed out that in public prayer men and women are separated by gender. Only men can initiate a divorce, but again this rule does not apply everywhere.

We would have liked to ask many more questions, but time did not allow it.

OPEN FORUM

Friday May 11th At 7:00 p.m.
In the Auditorium

Speaker: Dr. Louis J. Cantori, Professor Emeritus of Political Science, University of Maryland, Baltimore County.

Topic: "Regional Constraints Upon Israeli Power: What the Sixth Most Powerful Nation In The World Can No Longer Achieve."

CHOLESTEROL: GET THE LOW-DOWN

By Kitty Stierhoff

Broadmead's dietitian, Stacey Young, followed up on her earlier talk on "Fats in the Diet" with a talk on "Cholesterol". She first explained what cholesterol is and how it can clog up the arteries. However, Stacey explained that some cholesterol is necessary for lubricating the skin and hair, for structure of cell membranes, for aiding in formation of Vitamin D, for help in creating steroid and reproductive hormones and for absorption of fats. Cholesterol comes mainly from meat, fish, crab, shrimp, squid, eggs and dairy products. Surprisingly there is no cholesterol in nuts and seeds, peanut butter, margarine, mayonnaise, salad dressing, oil, sherbet, fruit and juice, vegetables, grains, fat-free milk and cheese, white meat fish, soy and tofu.

Too much cholesterol can lead to heart disease by building up on the walls of the arteries (plaque). This causes hardening of the arteries (atherosclerosis), which causes the blood flowing to the heart to slow down, thus reducing oxygen to the heart. Complete blockage to the heart causes a heart attack. Complete blockage to the brain causes a stroke.

When having a blood test for cholesterol, you will be given a total number which is made up of HDL Cholesterol and LDL Cholesterol. HDL (happy) is the "good" cholesterol which removes fat from the body. LDL (lousy) is the bad cholesterol which carries fat and protein to the muscles and fat in the body. Too much increases risk of heart disease. Cholesterol numbers can be confusing and should be looked at individually by your doctor, but the current levels used are:

TOTAL Cholesterol: <200 mg/dl desirable, 200-239 mg/dl borderline high, 240 mg/dl high.

HDL Levels: > 60 mg/dl, desirable, <40 mg/dl risk factor, increased heart disease.

LDL Levels: <100 mg/dl optimal, 100-129 mg/dl above optimal, 130-159 mg/dl high, >190 mg/dl very high.

You can help control your cholesterol by diet, weight, physical activity and not smoking. However, your cholesterol is also affected by things you can't control such as age, gender and heredity. For your diet choose foods lower in saturated fats and cholesterol. Increase use of soluble fiber-rich foods (oatmeal, oat bran, kidney beans, peas, fruits and vegetables). Buy higher fiber products (3 grams of fiber or more per serving). Pick high fiber snacks - popcorn, fresh fruit, veggies and nuts. Buy high fi-

ber cereals and eat beans and legumes 2-3 times a week. DRINK A LOT OF FLUIDS!! Maintain your weight in a desirable range and exercise 30 minutes most days of the week.

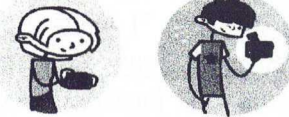
Another measurement along with cholesterol is Triglycerides, a chemical and storage form of fat and unused calories in the body. Elevated levels are also a risk for coronary artery disease. Current levels are:

Normal <150 mg/dl, Borderline 150-199 mg/dl, High 200-499 mg/dl, Very High >500 mg/dl.

There is a lot to think about and consider in maintaining proper cholesterol levels. At your next physical be sure to ask your doctor or nurse practitioner about your levels. If you need help or want more information, contact Stacy Young, our dietitian, at OPD and she will be glad to assist you.

Across the Ages

Celebrating
Family and Friends
Across the Ages
Photography Contest



Sponsored by
Broadmead

Across the Ages is a photography contest open to kids in grades 6 to 12, divided into three groups: grades 6 & 7, grades 8 & 9, and grades 10 to 12. There is no entry fee, and entries may be postmarked any time up to and including August 17th. If you know of any youngsters who might want more information and/or an entry form, have them:
phone: 410-527-1900, ext. 3443
or e-mail: lladmin@broadmead.org.

HEALTH CARE LECTURES

By Jean Hake

In the Auditorium, at 10:30 a.m.

Tuesday, May 8th

"Fall Prevention"

Charee Collins, Director,
Rehabilitation Services at Broadmead.

Tuesday, May 29th

"Depression"

Dr. Robert Roca, Medical Director,
Sheppard-Pratt.

TWELVE MYTHS ABOUT INJURY PREVENTION: PROFESSOR SUSAN BAKER

By Jonas R. Rappeport

This was an exciting lecture which destroyed many myths we all had about accidents and our safety. Professor Baker, who is the founder of the Johns Hopkins Injury Center at the School of Public Health and is an expert on the causes of many injuries, had all of the facts at her hand. Here is what I learned.

MYTH #1-The biggest health problems in the US are heart disease and cancer! What would you say? *Those may be the biggest problems at this time of our lives, but for most of the average lifespan the leading cause of death is INJURIES.* This was a surprise as was the fact that the most vulnerable age for these injuries was before 45 years of age.

MYTH #2-Accidents and injuries occur at random. *This is not true. They tend to occur in predictable circumstances. There is no such thing as "accident proneness".* Rather, some people are at high risk of injury because of personal characteristics. For example some elderly people have poor balance and memory, reduced vision and depth perception and slower reaction time. In addition, the environment, which CAN be changed, plays a major role, i.e., ice on walks etc.

MYTH #3- All we need to do is change peoples behavior and thereby prevent these accidents. *Agree? Sorry, wrong again* because the people at greatest risk are **THE ELDERLY, TEEN-AGE MALES, INTOXICATED PEOPLE AND LITTLE CHILDREN, people whose behavior is the hardest to change.** The elderly frequently have poor balance and memory, reduced vision and depth perception and slower reaction time. In addition, the environment, which CAN be changed, plays a major role because of poor road design, icy walks, tripping hazards, etc.

MYTH #4- Young drivers have a much higher death rate from crashes than the elderly! What do you think? The fact is that the motor vehicle death rate is almost as high for the elderly as for those 15 to 24.

MYTH #5- Driver Education reduces crashes of young drivers. Now that makes sense, but, as you probably guessed by now, research has shown that is not true. This is due to the fact that

driver-ed students drive at an earlier age, but driver-ed does not prevent their crashes. **WHY DO YOU THINK THAT IS?** Driver-ed teaches them how to drive, but not how to avoid showing off or feeling invincible.

MYTH #6- Children in European countries drink with the family at meals and therefore excessive drinking is not a problem. You guessed it, not true. In 33 of 34 European countries binge drinking was more common in 15 and 16 year olds than in the US.

MYTH #7-If I get hurt it doesn't affect anyone else! We all know this isn't so because family and friends are greatly affected. And the expense of their medical care we all pay through insurance.

MYTH #8-If people recognize a hazard they will avoid it. Famous last words. "I knew that would probably happen if I did that".

MYTH #9 -Poisoning is mainly a problem in young children. Makes sense but, because of better packaging etc. poisonings in children have greatly decreased while the rate for the midlife poisonings has increased.

MYTH # 10- More children die in car crashes than from any other injury. Not quite so. In the U.S., drowning is the leading cause but motor vehicle occupants are the next cause followed by fire and pedestrian accidents. In Maryland, fires kill more children than motor vehicle accidents.

MYTH # 11- After age 4 children do not need car seats, the seat belt IS OK even if it hits the neck. Please don't do that. Never use a seat belt that comes across the neck. Or put the restraint behind them. Put these children on booster seats.

MYTH #12- If you are in an airplane crash chances are you'll be killed. I always thought that. In the past decade, of 394 airline crashes, only in 22 was anyone killed, and only in 2 were all of the occupants killed.

What about the entrance to Broadmead? Coming in is no problem, but going out is. Professor Baker believes that there is a real risk there and that eventually there will be a serious accident. We particularly, as seniors, do not have good depth perception. There are other accident causing problems in our world that can be fixed by better design and engineering. If there is a 40 % chance of an accident if you talk on your cell phone while driving, should that be against the law?

There was a message for everyone in this very thought -provoking talk. **Will we change our behavior to reduce our risk of an accident?**

HEALTH CARE TODAY

By Sally Bloomer

Do we need to reform health care in America? "Yes", says Professor Jonathan Weiner from the Johns Hopkins Bloomberg School of Health. Why? During his presentation at the Open Forum he gave five reasons. First, 4.5 million (14%) Americans are uninsured. Second, we spend \$7,000 per person for health care which is twice as much as other developed countries, but are we getting twice as much value? Third, our life expectancy is 77.5, the lowest of the nine developed countries; Japan's is 82.1. Fourth, the U S has the highest rate of infant mortality of the developed countries. Many under-developed countries have lower rates than we do. Something is wrong when we have more doctors and hospitals than other countries, yet higher infant mortality. Fifth, in patient satisfaction we are last. Only in "effectiveness" were we ranked #1. People are happy with the technology, that is, the procedures that are available. But should a few people be able to have the latest procedures and drugs anytime they want when at least 45 million don't get basic health care?

The cost of health care keeps going up. It is now 14% of GDP. We have a two-class system. If you don't have a health card, you don't get care unless you resort to emergency. Where will we get the money to cover people that can't afford it? Medicaid covers 9% of the population and continues to raise the bar of eligibility. Unfortunately, now one half of Medicaid recipients are not poor, but middle class, and give their money away in order to qualify. Private insurance covers 67% of the population.

Before the establishment of Medicare by President Johnson in 1953, 70% of Americans did not have insurance. Since 1999 the number of uninsured has been rising. Twenty-five percent of families making \$25,000 or less don't have it. These are people who are working and are not covered by their employer. Eighteen thousand people die annually because of the lack of insurance.

What are the solutions? Those of us who are covered don't want to help by giving some of our care away. Nor do we want to pay more taxes. Those are the two main solutions. Either way everyone must sacrifice. Medicare for everyone? "Yes", say 24% of people polled. To expand Medicare, more taxes must be raised. Professor Weiner pointed out that market-oriented health care may be a partial

solution. Then each person would shop for the best doctor, hospital, or radiology center. Health savings accounts are suggested by the Bush administration. A person must be gainfully employed for that to succeed.

How do we bridge the gap between quality care and costs? When we drive down costs we sacrifice quality. We are the only developed country that does not give a health card to all. We waste money. We have a procedure driven system. Just because the procedure is available does not mean it should be used without careful analysis. The same is true of drugs. If a \$2000 drug is 5% more effective than a \$500 drug, should we spend money on the more expensive drug for only a 5% gain? Not according to Professor Weiner. "If there is a profit to be made by doctors, hospitals or drug companies, they will. That does not necessarily mean it is providing value to society. There are tough decisions to be made. There are also sacrifices which must be made by the medical profession and the public. For example, more general practitioners and fewer specialists, as is true in Europe."

We should live so long!!

THE MANY FACES OF OPD

By Lucillie Brandt

Our favorite place is OPD.
That's where we get advice for free,
Where many people come and go,
To speak to someone in the know.

Will you be sent to Heather's door?
Or will it be to Ana Straw?
Perhaps you'll go to visit Laura,
We know her patients all adore her.

Old Faithful at the desk is Ellen.
Could she possibly be a Dwell-in?
She's here from early morn 'til night,
Making sure things go just right.

Another nurse is named Bernice.
The calls for her will never cease.
She climbs the stairs up to your room,
And helps to chase away the gloom.

Now Kathy's is another face
We're glad to see around the place.
And last of all, the doctors three,
Sanzaro, Carroll, and Hamidi.

MUSIC EVENTS

By Phil Schnering

Sunday
May 6th at 2:00 p.m.
PEABODY PREPARATORY
HARP DEPARTMENT
Students Recital

An opportunity for the harp students
to perform before an outstanding audience!!!

*

Thursday
May 10th at 7:00 p.m.
LET'S SING

With Herb Merrick at the piano
Come sing, hum, foot tap, listen and enjoy

*

Sunday
May 13th, at 2:00 p.m.
PIATIGORSKY FOUNDATION ARTIST,
featuring a clarinetist.
Always outstanding musicians sent by them.

*

In the Auditorium

OPERA

By Harry Blumenthal

Video Opera
Friday, May 25th, 7 p.m. the Auditorium

"AMERICAN BALLET THEATRE AT THE MET"

Four short ballets presented at
the Metropolitan Opera House

(1 hour, 40 minutes)

BIBLE STUDY

By Fran Beasley

THE REVEREND PATRICIA DROST
Immanuel Episcopal Church

Thursday, May 10th at 10 a.m.

WEDNESDAY WORSHIP AT BROADMEAD

**1st Wednesday every month at 10:30 a.m.
EPISCOPAL COMMUNION**

Taylor East Lounge - 3rd floor
Sponsored by Sherwood Episcopal Church
York Road, Cockeysville

**2nd Wednesday every month at 10:00 a.m.
CATHOLIC MASS**

Taylor East Lounge - 3rd floor
Sponsored by the Catholic Community of
St. Francis Xavier, Cuba Road Hunt Valley

**3rd Wednesday every month at 10:30 a.m.
PRESBYTERIAN COMMUNION**

Stony Run Activities Room - 3rd floor
Sponsored by Ashland Presbyterian Church
Ashland Road, Cockeysville

VESPERS

By Pat Underwood

Sunday in the Lounge
May 20th at 4:30 p.m.

The Reverend Patricia Drost
Immanuel Episcopal Church
Glencoe, Maryland

*

All Are Welcome

SATURDAY PROGRAM

By Margaret Proctor

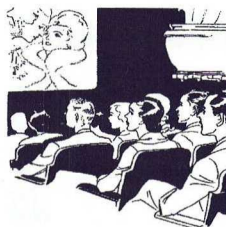
In the auditorium at 7:00 p.m.
Saturday, May 26th

OUR FONDEST DREAMS AND HOPES

75 Years of Service

JOSEPH RUZICKA Ph.D., Director
THE WASHINGTON COUNTY
MUSEUM OF FINE ART
Hagerstown, Maryland

Come learn about this gem
and how it has grown! !



BROADMEAD MOVIES

Tuesday Movies by
Gretel & Leo Weiss

May 1
2006

121 minutes

VOLVER
R

This humorous fantasy stars Abuela Irene who visits her home town in the LaMancha region in spectral form to resolve problems she couldn't settle during her life. Her spirit gradually becomes a reassuring presence to her daughters. An Oscar nominated performance. Written and directed by Spanish filmmaker Almodovar.

May 8
2007

113 minutes

CHARLOTTE'S WEB
G

This one is a classic original story written by E. B. White. Played by, among others, Julia Roberts, John Cleese, Robert Redford, Oprah Winfrey, Kathy Bates. Reviews say the movie is a delight, rarely preachy; it pays tribute to the wisdom of White's book. Charlotte's Web is "humble, and also terrific."

May 15
2006

140 minutes

BABEL
R

It won the best director award. A tragic accident in Morocco sets off a chain of events that will link four groups of people, divided by cultural differences; they will discover a shared destiny that ultimately connects them. With Brad Pitt and Cate Blanchett.

May 22
2006

97 minutes

THE QUEEN
PG 13

It is an Oscar -winning film, based on the true story of the British royal family's reaction to the death of Princess Di. A superb performance is given by Helen Mirren.

May 29
2006

MOZART AND THE WHALE
92 minutes
NR

The emotional love story of two people suffering from a disorder known as Asperger's syndrome. For a friendly taxi-driver, patterns and routines are of the utmost importance. In addition to his love for birds and his uncanny ability to process numbers, he leads an autism support group where he meets and falls in love with Isabelle who turns his world upside down.

EVENTS OF INTEREST

*By Jennifer Kirkpatrick,
Activities Coordinator*

3:30 p.m. in the Main Lounge

Thursday May 31st
The Apollos

Friends School 7th and 8th grade chorus

Monday June 18th
The Ridge Boys & Girls
chorus from Mays Chapel

ADVENTURES IN LEARNING

Spring Series Continues

WEDNESDAYS at 10:30 a.m.
IN THE AUDITORIUM

EVIL IN LITERATURE
Nancy Norris-Kniffin, Ph.D.

May 2nd: Evil in 19th Century American Stories

May 9th: Evil in British Gothic Tales.

HITHER, THITHER AND YAWN

By Foxy Georgia

By the time this gets in your mail box, racing season is in full swing. .hope some of you got to the Point to Points, and of course we'll get full party time for the Derby and our very own Preakness but lets see what the rest of the gang has been up to... well Hon, we've been on the move with a "3 Bus Tour",... Travers and Midge Nelson, Jonas Rapoport, John and Suie McShane, Ginny Cooley, Kitty and Hugh Stierhoff,.. Ruth Williams.. Betty Douglas, Bob Davies, Bob Scheflow, Dick Hutzler, Betty Byerly, Dottie Krug, Ellen Williams & Margaret Proctor, were just some of the decision makers who had opinions to offer.. But the Big Bus tour was to the White House. . . Nancy Warner and Fleecy Platt proved to us that it's gotta be easier to get elected to live there than to get our intrepid gang in there.. Anyway, we learned a lot.. Just ask Betsy Schrauder, Bob Herrmann, Bea Post, Sara Leizear , Gladys deGraffenreidt, Priscilla Stieff, Bunny and Frank Knipp (who showed fascinating pictures of the work his firm did in the renovation of the White House during Truman's term). There were 42 of us, so won't attempt to list them all... but the feeling was it's a nice place to visit, but wouldn't want to live there... too many restrictions! !.. (fat chance! on the other hand why not?, everybody else is running). The Diversity or is it Inclusivity (howya spell it? can't even pronounce it) Committee created an outstanding exhibition celebrating "The Month of the Women".. but dear ole girls.. Every month is the month of the women here at Broadmead.. Betsy Griffin being feted at the R.P. Women's club as one of the oldest members, (63 years we think, membership wise... she's also noted for her part in the Quilt project and her needlepoint), Jane Earhart, our fearless leader, Lynn Buck, a gal of many interests ,same goes for Donna Smith,.. Betsy Geare and Weezie Davis, and Charlotte Hurt, the power packing MAMAS' at The Country Store,... Louise Hager, and those amazingly organized bus ladies: Claire Eckels, right along with those other sports Warner and Platt... this list could go on for a long time.. but you get the idea. Plenty of home grown stars!! Hey!!, how about printing the e - mail address in the members directory? ... Justa thought! !

Don't want the guys to feel unappreciated!! gotta to rave about Larry Schneider's latest piece of sculpture, and the handsome high boy John McShane is putting together.. the terrific job Bob Davies is doing as Treas. of BRA.. ..Alex Kaufman as a rep. to the trustees, ... those audio-visual hot shots, Ed March, Leo Weiss, Larry Galla.. Dwight Hastings and Bob Scheflow to mention a few... they all deserve the Broadmead Feather Award. .. to wear in their caps!! ... but. . . . (and this is your mother speaking)..remember to take off your caps when you

are in the house!!

Fashion notes" for the Awesome Pawsome crowd: Sybille Ehrlich's Katie has a stunning yellow raincoat... Linda King's duo has a smart double leash, and Merrell's Charlie Hambleton enjoyed a taste of venison, I hear,now for the rest of the style setters/(two-footed versions).. Ginny Cooley's mob cap in Paula Balser's production, "Bed and Breakfast" , was in the running and when Jackie Monique paid us a visit, wearing a black and white striped cap. she made us sit up and take notice and Mary Anne Wickwire sports a Scotch cap. in her wardrobeGretel Weiss, looked sparkly in a blue jacket. It's so good to see her back in business again.. and have you seen Sonia's souvenir of her cruise? ... dining "al dressco" in the MDR.. the Aldens, all tan. Sally Bloomer tan too.. and John Robbins all tweedy ..Fan Whitman stylish in her black and white outfit, Betty Mohr spring-like in pink and white, Joan Tapley and Sarah Korn . Harriet Podboy , Ann Remington in their Sunday- go-to-meetin' suits... .looking great gals!! you do us proud! !..now (hopefully) if we could get the servers sparked up and get rid of dreary black aprons... ..next time, promise to delight you with the outfits worn in the coffee shop... . brace yourselves!! so be prepared! !

Can't go another minute without telling you about Paula Balser's second play," The Problem Solver". High point was the off--stage sound effects by Larry Galla, drilling and hammering and crashing.. . he must have brushed up his technique living next door to the loft units when they were being built... ..undaunted. however,. Ellie Hobleman, Mal Sherman, Carol McCord, Sam Legg and Harry Butcher overlooked all this noise and gave us a smashing performance... The other play, which we mentioned way back there was many decibels lower with Marge Gold and Bill Benson and the love interest poignantly read by Kitty Stierhoff and Bill Eddison... You're a real Casanova old boy... some smoothie!! Whadda line!!

Had a fascinating morning with the reading group discussing C.S.Lewis's "The Screwtape Letters".. We are so fortunate to have George Gray Toole as our facilitator... .Sally Bloomer, Sally Crosby and Sally Lynn Duff, Bill too, Francis Alden, Millie Boynton, Gail Rinehart, Nancy Starnes, Dot Gustafson 'and Ann Allen keep the ball rolling. Bob Herrmann gets the book on tape so he can join in... .you ought to try it.. Its fun and good for the old gray cells!! And you don't need to be named Sally to be in the action!!

Here's another series of goodies hope you all are absorbing.. Harry Blumenthal is giving you a real treat with his opera series. All the greats, right here in our own back yard.. And then there are those buffs, Ann Allen and Walter Dandy and others who go to the new programs in Bel Air.. . man , oh man! Ain't we the cultured ones?

'Bout reached the end... ..aintcha glad? ...know you've hadda 'nuff -

REFLECTIONS ON THE FLEA MARKET

By Sibylle Erlich

Author's note: Preparing for Broadmead's Barn Sale I was reminded of the yearly "Flea Market" at the small church to which I belong.

I looked at the unwanted, unsellable items of the Flea Market. The "someone else's junk" which was NOT "someone else's treasure". I looked at the chipped pitcher, the well loved stuffed bear, the faded cross-stitch hanging which had blessed our home, the brand new picture frame with the original price tag still visible. They and all the other "stuff" have memories attached. They contain countless stories. Even if I have never liked the embroidered hanging, Aunt Molly had made it for us as we moved into our new home thirty years ago. Junior has given up the bear long ago, but I still clung to it. We had used the pitcher for hot chocolate after an afternoon out in the snow. I should have given it away before. And the photo frame? I feel guilty never having used it and I know cousin Sue looks for it every time she comes to visit.

Why do we keep "stuff", I wondered. Do we try to hold on to the past? Does "stuff" make us feel better equipped to deal with the unknown future? I may find a use for the picture frame; I can still serve a hot drink from the pitcher, or perhaps fill it with flowers from the garden. I may want to reread that book one more time, find shoes to go with that pocketbook, play golf again when my back feels better.



Then I realized that each item on those tables represents a decision: sometimes an easy one, sometimes a



heart-wrenching one. A piece of our past, of our future, a piece of us has been given up, given away. And yet we are also relieved that our attic is not so full, our closet and drawers have a bit more room. We are able to see more clearly what we do have. We sense that our load has been lightened. Perhaps our mind is less cluttered too.

The flea market shows that we CAN let go -and let go with the hope that new stories and traditions will be woven around the article, which has meant so much to us.



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